

# Hypothermia

*Severe cold stress can lead to hypothermia, which can be fatal. There are five main factors that can cause cold stress:*

- 1 **Cold Environments**
- 2 **Wind**
- 3 **Wet clothing**
- 4 **Cold water immersion**
- 5 **Fatigue**

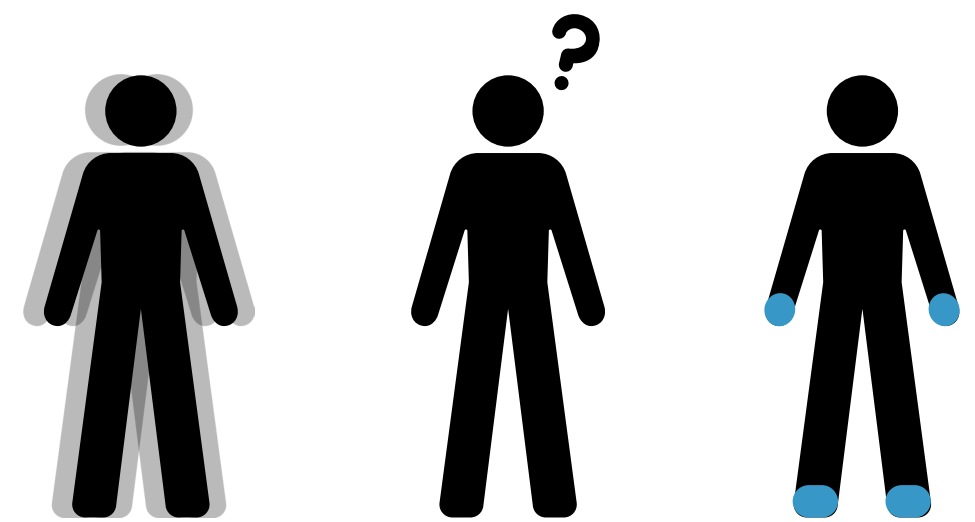


*The transition from cold stress to hypothermia is usually gradual and slow.*

*There are three stages of hypothermia:*

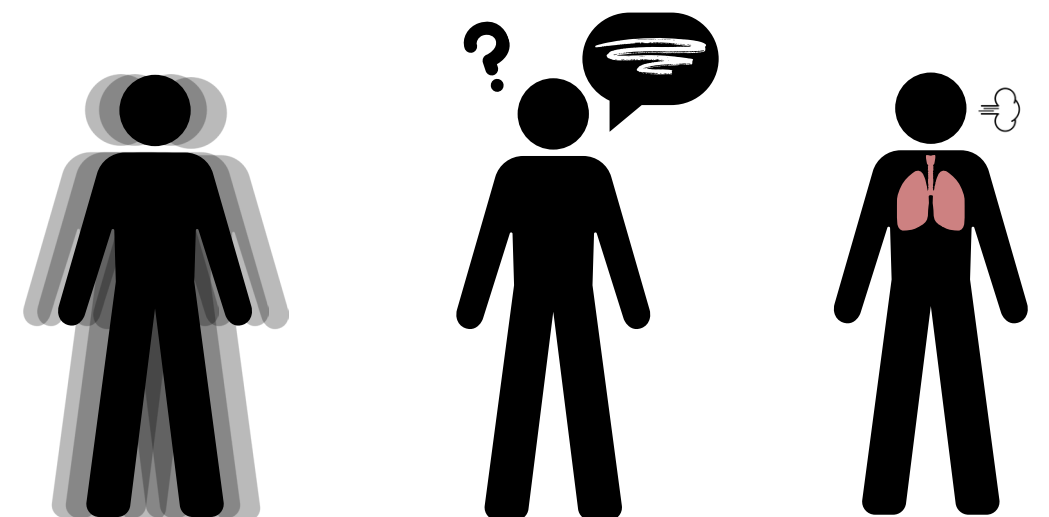
## Mild

- Shivering
- Grogginess, poor judgement, or confused thinking
- Stiffness in extremities



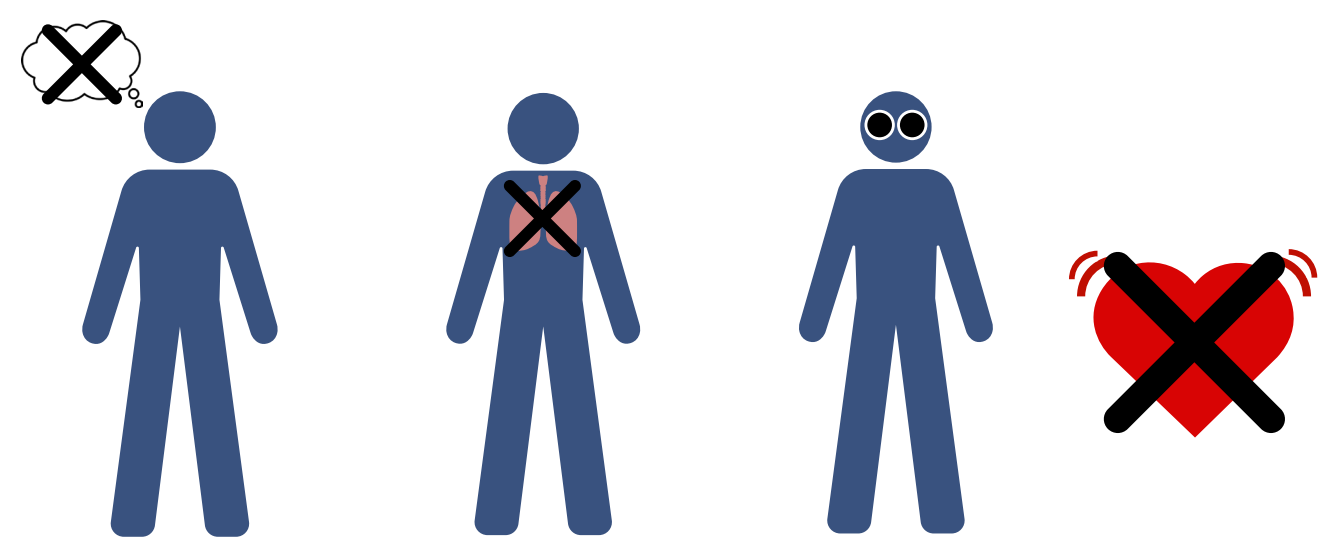
## Moderate

- Violent shivering and poor body coordination
- Inability to think or pay attention
- Slurred speech
- Slow, shallow breathing



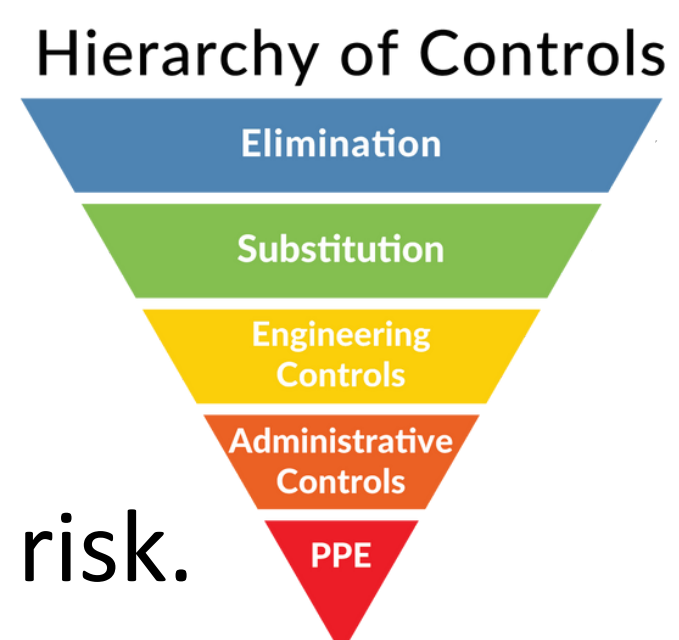
## Severe

- Loss of consciousness
- Little or no breathing
- Weak, irregular, or non-existent pulse
- Dilated pupils
- Blue skin



*If a person with mild hypothermia is not warmed up, it can progress to moderate or severe hypothermia.*

Following the hierarchy of controls, the most effective way to manage the risk of cold stress is to eliminate exposure to cold environments. PPE alone should not be relied on to manage the risk.



*“Safety is a core value and business priority”*